

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

May 2012

Tuna Patties

Peanut Butter Yogurt Sandwiches

Mini Pizzas

Banana-Oat Muffins

Chewy Granola Bars

Tuna Patties

¼ cup skim or 1% milk
¼ cup Grape-nuts®-type cereal
¼ cup finely chopped onion
Vegetable or canola oil
1 can (5 ounces) chunk light tuna in water,
drained well
1 egg
½ teaspoon lemon juice
Dash of pepper



1. In a small bowl, pour milk over cereal. Set aside.
2. Brown onions in a frying pan using a small amount of oil to prevent sticking.
3. In small bowl, combine onions, tuna, egg, lemon juice and pepper. Add cereal mixture and mix well.
4. Pour enough oil in a frying pan just to cover the bottom of the pan. Heat oil on medium heat.
5. Divide tuna mixture into 4 patties.
6. Place patties in the frying pan and brown on both sides.

Nutrition Note: This recipe makes 4 patties. Each serving has 130 calories, 5 grams of fat and 10 grams of carbohydrates.

Cut Back on Your Kid's Sweet Treats

Choose not to offer sweets as rewards. By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

Source: www.ChooseMyPlate.gov

Peanut Butter Yogurt Sandwiches

4 teaspoons peanut butter
2 tablespoons low-fat vanilla yogurt
8 graham cracker squares (may substitute cinnamon graham crackers)
Cinnamon (optional)
Nutmeg (optional)

1. Mix peanut butter and yogurt in a small bowl.
2. Spread the mixture on each graham cracker square.
3. Sprinkle with cinnamon and nutmeg, if desired.
4. Top with another graham cracker.
5. Serve immediately.

Note: These may become mushy if not served promptly.

Recipe source: NDSU Extension Service

Nutrition Note: This recipe makes 4 sandwiches. Each serving has 70 calories, 3.5 grams of fat and 8 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

"I know it is the best thing for my baby and the healthiest."

~ Julia, WIC Breastfeeding Mom from Turtle Mountain WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Mini Pizzas

Mini pizzas are fun for lunch or snack. Let your child make his or her own special pizza.

1. Toast English muffins.
2. Top muffins with pizza sauce.
3. Sprinkle with shredded mozzarella cheese.
4. Decorate your pizza by making a happy face. Use ham or turkey strips for the eyes, nose or mouth. Use green or black olive slices for the eyes. Use tomato, or green or red pepper slices for a smile. Use shredded carrots, shredded cheddar cheese, or chopped spinach for the hair. Use mushrooms for the eyes, nose or mouth.
5. Bake mini pizzas in a 375 degree oven for about 5 to 10 minutes.

Note: Refrigerator biscuit dough can be used instead of the English muffins. Roll or press out a biscuit for each pizza, layer on the toppings, and bake.

Recipe source: www.numatters.com

Banana-Oat Muffins

2 cups Cheerios® or Toasted Oats cereal
¾ cup all-purpose flour
½ cup whole wheat flour
⅓ cup packed brown sugar
1 teaspoon baking powder
¾ teaspoon baking soda
1 cup mashed very ripe bananas (2 to 3 medium)
⅔ cup skim milk
3 tablespoons vegetable oil
1 egg white

1. Preheat oven to 400 degrees. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners. Place cereal in a food-storage plastic bag and crush with the bottom of a heavy saucepan or a can of soup.
2. In a large bowl, mix cereal, flours, brown sugar, baking powder and baking soda. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
3. Bake 18 to 22 minutes or until golden brown.

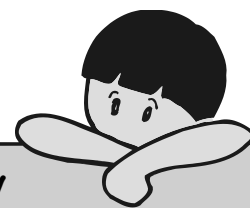
Note: All-purpose flour can be substituted for the whole wheat flour.

Recipe source: www.eatbetterearly.com

Nutrition Note: This recipe makes 12 muffins. Each serving has 140 calories, 4 grams of fat and 25 grams of carbohydrates.



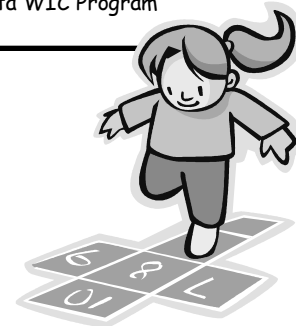
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Turn Off the TV

Square Hop: Make a pattern of squares on a safe sidewalk or driveway with sidewalk chalk. Have your child hop in and out of each square on one foot. Repeat with the other foot.

Source: Minnesota WIC Program



Chewy Granola Bars

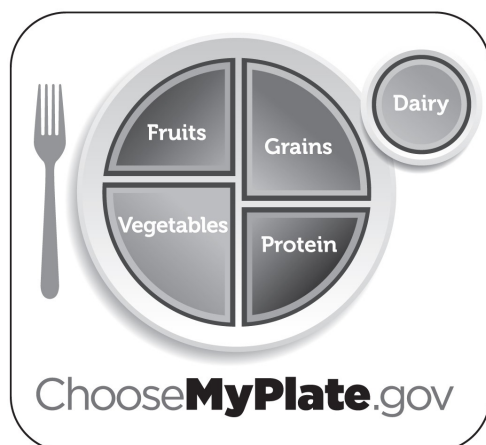
2 cups rice cereal
2 cups oatmeal
½ cup raisins or other dried fruit
½ cup brown sugar, firmly packed
½ cup light corn syrup
½ cup peanut butter
1 teaspoon vanilla

1. In a large bowl, combine cereal, oats and raisins.
2. In a small pan, mix brown sugar and corn syrup. Heat and stir until boiling. Remove from heat.
3. Stir in peanut butter and vanilla. Pour over cereal mixture and mix well.
4. Press into a 9x13-inch pan that has been sprayed with nonstick cooking spray. Cool.

Recipe source: National WIC Association

Nutrition Note: This recipe makes 16 bars. Each bar has 165 calories, 5 grams of fat and 27 grams of carbohydrates.

GROWING HAPPY FAMILIES



Foods to Eat Less Often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not every day foods.